



2nd DAN, 6th RANK BLACK BELT CURRICULUM (testing for 3rd Dan Black Belt)

ALL POOMSAE	<ul style="list-style-type: none">• Random selection
MULTI DIRECTION KICKING	<ul style="list-style-type: none">• 2 rounds 45 seconds each round
BREAKING	<ul style="list-style-type: none">• 10 boards breaking• 3 thick boards power breaking
SPARRING	<ul style="list-style-type: none">• 3 rounds 45 seconds• 1 round 45 seconds - two vs one
ATTENDANCE	<ul style="list-style-type: none">• minimum of 6 months training• 4 Life Coaching Sessions (for students who are under 18 years old)• Minimum of 24 training days
REQUIREMENTS	<ul style="list-style-type: none">• Essay (Topic will be given by Life Coach)• Life Coach and Master orientation (schedule a meeting)• Parent and school recommendation• 30 hours minimum of volunteer (assist in class)• 1 tournament• Kukkiwon application form• \$700 Testing Fee